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<u>Amendment to the claims</u>: This listing of claims will replace all prior versions, and listings, of claims in the present patent application.

Listing of claims:

- 1. (previously presented) A hockey helmet for receiving a head of a wearer, the head having a crown region, left and right side regions, a back region and an occipital region, said helmet comprising:
 - (a) a shell comprising left and right side inner surfaces;
 - (b) left and right side inner pads at least partially covering said left and right side inner surfaces of said shell, said left and right side inner pads facing the respective left and right side regions of the head; and
 - (c) a wedging member located between one of said left and right side inner pads and one of said respective left and right side inner surfaces, said wedging member being movable between first and second positions, wherein, in said first position, one of said left and right side inner pads applies a first pressure upon the respective left and right side regions of the head, and in said second position, one of said left and right side inner pads applies a second pressure upon one of the respective left and right side regions of the head, said second pressure being greater than said first pressure.
- 2. (previously presented) A hockey helmet as defined in claim 1, wherein said wedging member is a left wedging member located between said left side inner pad and said left inner side surface of said shell, said helmet further comprising a right wedging member located between said right side inner pad and said right side inner surface of said shell, said left and right wedging members being independently movable between first and second positions to allow independent adjustment of the pressure applied on the head by each said right side inner pad and said left side inner pad.

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- 3. (previously presented) A hockey helmet as defined in claim 2, wherein said left and right wedging members comprise respective left and right mechanical actuation devices that are accessible to the wearer for moving said left and right wedging members between said first and second positions.
- 4. (previously presented) A hockey helmet as defined in claim 3, wherein said shell comprises left and right openings through which extend said left and right mechanical actuation devices, respectively.
- 5. (previously presented) A hockey helmet as defined in claim 4, wherein said left and right mechanical actuation devices project from said left and right wedging members respectively, and comprise respective left and right knobs that are accessible to the wearer such that the wearer can operate said left and right mechanical actuation devices
- 6. (previously presented) A hockey helmet as defined in claim 5, wherein each of said left and right wedging members comprises a locking mechanism, said locking mechanism preventing said wedging member from moving unintentionally.
- 7. (previously presented) A hockey helmet as defined in claim 6, wherein said locking mechanism comprises a pair of overlapping portions capable to interlock with one another to prevent said wedging member from moving unintentionally.
- 8. (previously presented) A hockey helmet as defined in claim 7, wherein said overlapping portions comprise toothed sections allowing movement of said left and right wedging members relative to the respective left and right side inner surface when said respective left and right knobs are displaced by the wearer.
- 9. (previously presented) A hockey helmet as defined in claim 8 wherein each of said left and right wedging members comprises a panel having a variable thickness.
- 10. (previously presented) A hockey helmet as defined in claim 8 wherein each of said left and right wedging members comprises a V-shaped projection with a variable height.

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- 11. (previously presented) A hockey helmet as defined in claim 10, wherein each of said left and right side inner pads comprises a V-shaped groove having a variable depth.
- 12. (previously presented) A hockey helmet as defined in claim 11, wherein said V-shaped projection registers with said V-shaped groove.
- 13. (previously presented) A hockey helmet as defined in claim 12, wherein said left and right side inner pads are made of expanded polypropylene (EPP) or expanded polyethylene (EPE).
- 14. (previously presented) A hockey helmet as defined in claim 13, wherein said left and right side inner pads comprise respective left and right comfort liners affixed on an inner surface of said left and right side inner pads.
- 15. (previously presented) A hockey helmet as defined in claim 14, wherein said left and right comfort liners are made of polyvinyl chloride (PVC).
- 16. (previously presented) A hockey helmet as defined in claim 15, wherein said shell comprises a front shell and a rear shell.
- 17. (previously presented) A hockey helmet as defined in claim 16, further comprising a front inner pad and a top inner pad affixed on front and top inner surfaces of said front shell respectively, said front and top inner pad facing the crown region of the head.
- 18. (previously presented) A hockey helmet as defined in claim 17, further comprising a rear central inner pad and an occipital inner pad affixed on a rear inner surface of said rear shell, said rear central and occipital inner pads facing the respective back and occipital regions of the head.
- 19. (previously presented) A hockey helmet as defined in claim 18, further comprising a front comfort liner affixed on an inner surface of said front inner pad and a top comfort liner affixed on an inner surface of said top inner pad.
- 20. (previously presented) A hockey helmet as defined in claim 16, wherein said front shell is movable relative to said rear shell for allowing size adjustment of said helmet.

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- 21. (cancelled)
- 22. (previously presented) A hockey helmet for receiving a head of a wearer, the head having a crown region, left and right side regions, a back region and an occipital region, said helmet comprising:

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- (a) a shell comprising left and right side inner surfaces;
- (b) left and right side inner pads at least partially covering said left and right side inner surfaces of said shell, said left and right side inner pads facing the respective left and right side regions of the head; and
- (c) a wedging member located between one of said left and right side inner pads and said respective left and right side inner surfaces, said wedging member being selectively movable to vary the distance between the one of said left and right side inner pads and the respective left and right side inner surfaces, to adjust a fit of said helmet on the head of the wearer.
- 23. (previously presented) A hockey helmet as defined in claim 22, wherein said wedging member is a left wedging member located between said left side inner pad and said left inner side surface, said helmet further comprising a right wedging member located between said right side inner pad and said right side inner surface, said left and right wedging members being independently movable to adjust a fit of said helmet on the head of the wearer.
- 24. (previously presented) A hockey helmet as defined in claim 23, wherein said left and right wedging members comprise respective left and right mechanical actuation devices that are accessible to the wearer for moving said left and right wedging members.
- 25. (previously presented) A hockey helmet as defined in claim 24, wherein said left and right mechanical actuation devices comprise respective left and right knobs that are accessible to the wearer such that the wearer can operate said left and right mechanical actuation devices

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- 26. (previously presented) A hockey helmet as defined in claim 25, wherein each of said left and right wedging members comprises a locking mechanism, said locking mechanism preventing said wedging member from moving unintentionally.
- 27. (cancelled)
- 28. (cancelled)
- 29. (cancelled)
- 30. (cancelled)
- 31. (cancelled)
- 32. (cancelled)
- 33. (cancelled)
- 35. (cancelled)
- 35. (cancelled)
- 36. (cancelled)